

# The Senior Edition

July/August 2015 Volume 15 Issue 7&8

Our 2nd Annual Combined Summer Issue!



*The Town of Shrewsbury's Council on Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.*

## Letter from the Director:

I feel like it wouldn't be July without my annual greeting of wishing you a Happy New Year! Fiscal New Year, that is! Fiscal Year 2016, or FY16, is going to be a busy one. We will be starting the new year with a new *MySeniorCenter* computer in the lobby. If you have visited other Senior Centers nearby, you may already be familiar with this helpful system. Everyone will be given a small scan card (like what you get in the stores) to use when you visit the Senior Center. This will greatly help our statistics and facilitate better communication with folks at the Senior Center when they visit.

The COA Board will also begin it's new Self Assessment Process that will replace our strategic planning. Our last Strategic Plan ran out in 2013, so we are eager to get started! On a bittersweet note, **John Concordia** has stepped down from the Board as of June. After serving the COA for some 40 years or so, his break is well deserved. He'll be staying busy on the Self Assessment process however.

Some milestones this summer...the **Friends of the SSC, Inc.** celebrate their 20th year in August! If you are not already a member of this great organization, this is an exciting time to become a part of it! Also, this month I mark my 20th anniversary as your COA Director. It has been an honor to have spent these last two decades working with the community. I look forward to what the future holds both in FY16 and beyond! Have a wonderful summer!

Sharon M. Yager



**Friends of the Shrewsbury Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545  
**508-841-8640**

## Friends of Shrewsbury Senior Center, Inc.

The September 2014 - September 2015 membership year continues. Now is the time to renew your present membership or join for the first time. Please note that dues have increased to \$10. The Friends would like to thank the people that send in donations for the newsletter. It is greatly appreciated. **Membership cards are kept in a file box at the front desk.** If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends!

Please check off one/both!

Enclosed are:

☐ \$ 10.00 My 2014-2015 Dues

☐ \$ \_\_\_\_\_ My contribution for *The Senior Edition* newsletter.

**Name**-----

**Address**-----

**City, Zip**-----**Phone#**-----

Make Checks payable to:

**FSSC, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545

NON-PROFIT ORG.  
U S POSTAGE  
PAID  
WORCESTER MA  
01613  
PERMIT NO.1102

ADDRESS LABEL HERE

**COA/Senior Center Staff and Volunteers:****COA Board Members**

Tim Swiss, **Chairman**; Marty Green, **Secretary**, Charles Fenno, Norma Giumentaro, Mahesh Reshamwala and Louise Russell.

**COA Director:** Sharon M. Yager

**Transportation Coordinator:** Cynthia M. Willis

**Van Drivers:** Pat Babin, Bob Dumas, Don Fleury, Bob Horne, Philip Koziara, Jane Person, Donna Messier, Tim Shaw, Russell Vickstrom

**Outreach Coordinator:** Walter P. Rice, LCSW

**Volunteer Coordinator:** Stacey Lavelly

**Office Support Coordinators:** Donna Messier, Miranda Watson

**SHINE Volunteer:** Mahesh Reshamwala

**CARES Coordinator:** Dave Grillo

**Village Café:** Beth Murray, Manager, 508-841-8757

**Newsletter Committee:**

Ken Bodle: **Chairman**

George Lavoie: **Billing Agent**,

Mona Berman: **Advertising**,

Terry Gale: **Editor**

Bob Durbano, Norma Giumentaro,

Chuck Kilgore, Fran Rimkus, Maynard Rinker, Don Rondeau, David Stirk

**Deadline for the  
September Newsletter is  
August 13th, 2015**

**Please Note:** Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: [tgale@shrewsburyma.gov](mailto:tgale@shrewsburyma.gov). (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

**Senior Television Shows, SPAC-TV 28**

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.

**Senior Center Events** (1 hour): Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury events. **This month the event is featuring Gary Landgren and his Honky Tonk Piano.**

**Seniors on the Move:** (1/2 hour) Tues. at 2:00pm and Wed. 10:00am and Fri. 1:00pm. Also, 1 hour program on Tues. 7:00am. Host : Karen McKenzie

*Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov).*

**Senator**

Michael O. Moore

Serving the People of the  
Second Worcester District

Shrewsbury Office:  
508-757-0323, ext. 13  
[www.electmikemoore.com](http://www.electmikemoore.com)

**STATE REPRESENTATIVE  
HANNAH KANE**

(617) 722-2430  
EMAIL: [HANNAH.KANE@MAHOUSE.GOV](mailto:HANNAH.KANE@MAHOUSE.GOV)  
WEBSITE: [WWW.REPHANNAHKANE.COM](http://WWW.REPHANNAHKANE.COM)

**Wed., July. 1, 9:30 Fitness & Nutrition:** Exercise mind and body with strength training, aerobics and stretching. Also learn the latest in aging and falls prevention with Karen McKenzie, host of the TV talk show "Seniors on the Move" Register with the Parks Department, 508-841-8503. Eight week session.

**Fri., July, 3rd & Aug 7th, 10-11am****Brain Gym Smoothie:** Heart Healthy

Smoothies and Brain Gym techniques. New free delicious Smoothie each month! Please call 508-841-8640 or stop by the front desk to register.

**Mon., July 13th & Aug., 10th, Senator****Moore Office Hours, 10-11am:** Senator Michael

Moore or a representative from his office, will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

**July 14th / 27th & August 11th /****31st: Legal Clinic, 9am-12pm:** The

Shrewsbury Senior Center is now offering two Legal Clinics a month with our pool of elder law attorney volunteers. Slots fill quickly. **Advance sign-up is required, call the Senior Center to register.**

**Thurs., July 23rd & Aug 20th, Blood Drive**

**2:00-8:00pm:** One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-Life.

**Thurs., July 30th & Aug., 27th,**

**2:00pm, Book Chat:** For the next two months discussions please read the books, "Tara Road" by Maeve Binchy, for July. For August please read "Innocent Traitor" by Alison Weir. Copies are available at the Shrewsbury Public Library's Circulation Desk on 6/25 and 7/30.

**Help on Newsletter Mailing Day!**

Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. August mailing date for the September Issue is FRIDAY, August 28th at 8:30am. Come join in a fun two hours.

**NOW  
OPEN!**

*The* **Highlands**  
Gracious Retirement Living

Call today to schedule a tour and

**COMPLIMENTARY LUNCHEON**

129 E Main Street, Westborough, MA • 508-898-3000

**July & August Free Health Events:***Please call to sign up*

**7/14 & 8/11 10am Neuropathy Workshop:** Dr. Brian Maher from Shrewsbury Chiropractic will discuss neuropathy concerns and options that may help.

**7/14, & 8/11 11:30am, 1-2:00pm: Hearing Screening:** Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

**Every Wednesday at Noon:** Blood Pressure Screenings.

**Fri., July 17th 12:00 - 1:00 Hannah Kane State Representative:** Hannah Kane will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

**Fri., July 10th, Movie and Lunch**

**11:30am: "Jersey Boys"** The film tells the story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons. The story of their trials and triumphs are accompanied by the songs that influenced a generation, including "Sherry," "Big Girls Don't Cry," "Walk Like a Man," "Dawn," "Rag Doll," "Bye Bye Baby," "Who Loves You," and many more. Rated R, 2hr 14min.

**Fri., Aug., 14th, Movie and Lunch 11:30am:**

Our Feature is "**McFarland, USA**" This heartwarming true story is a drama that follows novice runners who strive to build a cross-country team under Coach Jim White (Kevin Costner) in their predominantly Latino high school. Everyone has a lot to learn about each other, but when Coach realizes the boys' exceptional running ability, things change. Beyond their talent, it's the power of family commitment to each other and work ethic that transform them into champions, helping them to achieve their own American dream. Rated PG, and is 2hrs 9mins. **July/Aug., Movies have limited seating.** Reserve lunch at 11:00 at the Village Café for donation of \$2.50. **Movie will start promptly at 11:30.**

**Mon., July 20th, Ice Cream Event at 1:30:**

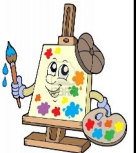
Please come join us for a fun afternoon of cool and yummy treats at the senior center sponsored by the Lutheran Rehab & Skilled Care Facility. You must sign up at the Senior Center's desk or call 508-841-8640. Please let us know if you have any allergies or dietary restrictions.



**Wed., Aug. 19th at 2:30 PM – Bucket List Travelers** will hold an **Informational Presentation at the Senior Center.** Dave Stevens and a representative from Collette Vacations will provide a video program with details about four new adventures – "Canadian Rockies by Train" – "Discover Scotland" – "Tuscany & the Italian Riviera" and "Trains of the California Wineries." There is no obligation to register for these trips, simply come to learn the details and how you can save from \$100 to \$200 p/p when you book early. Please RSVP to Dave Stevens at 508-869-6830.

***Something new at the Senior Center!!***

We will be featuring paintings done by our Seniors. They will be on display for a few months in our dining room. These works of art will be for sale with 10% going to our Senior Center. A great opportunity to own an original. If you have any questions please call Beth Murray at 508-841-8757.



**Mon., August 17th "Name That Tune" at 1:30:** Please come join us for an exciting afternoon playing the classic game – Name That Tune. We will have refreshments and prizes and fun for all! Proudly sponsored by Lutheran Rehab & Skilled Care Facility. Sign up at desk or call the senior center to reserve your spot.

***Reminders***

**The Piece Makers Quilting** group will not meet during the months of July and Aug. and resume meeting in Sept..

**Yoga:** Last class is July 22nd and will be back on August 26th.

**Want To Escape The Heat?** The Senior Center's AC is always on during business hours! Come up and relax in the central air!

**Looking for something to do this summer?** The Senior Center has plenty of movies, books, puzzles and games for you to borrow!



John Creedon Catering Company & Owner of the Bravehearts baseball team has contributed to Roger's Café at the Shrewsbury Senior Center for many years. We really want to say how much we appreciate his generosity with his donations of coffee cups. We wish the Bravehearts great success and many home runs. Good Luck Team!

Visit our new home at  
489 Boston Turnpike  
Shrewsbury



**SHREWSBURY  
FEDERAL  
CREDIT UNION**

*Serving All Your Financial  
Needs*

489 Boston Turnpike, Shrewsbury  
508-845-6755  
www.shrewsburycu.com





**Local, hassle-free & no long-term contracts**

**\$39.95/mo.** PLUS TAXES AND FEES

**508-841-8500**

## CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

The message on my answering machine from an excited young man with a high-pitched voice made me curious: What is this scam all about? As I listened, "Bill Russell", my "Prize Director", told me he was calling about the entry form I had submitted "either online or at the local shopping mall." (I had never filled out any such form). He went on to state that I had won either a Ford Explorer or one of three other prizes. He congratulated me, and explained his message was a last attempt to reach me since I had not returned documents sent to my home. (No such documents were ever sent to my home). He told me to call 855-647-0734 to claim the prize "you have definitely won." Realistically, I will most likely lose if I respond.

First of all, calling an unknown number, even if it appears to be toll-free, could result in hundreds or even thousands of dollars in phone charges which could be difficult to erase. Furthermore, thieves realize that seniors don't always trust their own memories, so they attempt to get you to trust them (instead of your memory) by informing you that you did something (such as submitted an entry form) and you didn't do something (such as return documents sent to you). They hope that your confusion and your eagerness will dupe you into their scam. Never respond to any such call. By the way, a little online research (searching the 855 number) shows that several people have received a "you have won" call from this number. One witty recipient quipped, "Bill Russell? Why not Larry Bird or Magic Johnson?"

Do you really read this newsletter? If so, do you then take advantage of the myriad things your Council on Aging has to offer? There are opportunities to learn, get your health checked, seek legal advice, go on trips, make new friends, etc. One offering could even help keep you mobile and active, in your home and out of a nursing home. Tai Chi and other trainings that help strengthen the aging body and improve balance are worth considering for any senior, even the most physically fit. A large percentage of nursing home patients get there as a result of one or multiple falls. Please seriously consider such training as insurance for your quality of life.

*You've worked hard to earn your money! Always consult with CARES, a trusted family or friend before parting with funds you are being asked to give!*

## Catalogs & Senior News Booklets

**Our Senior Center has many informative booklets and catalogs come by and check them out! Some examples are:**

### **Savvy Seniors: How to Avoid Financial Fraud**

This guide features the most common scams targeting elders that are reported to the Attorney General's Office. Scams can materialize in many different ways and this guide provides the most popular scams, warnings signs to look out for, what to do should you become a victim, as well as a number of other useful resources throughout the state and country.



**Central & Western Mass Audubon Program Catalog:** featuring, Wildlife Sanctuaries in Massachusetts. Great for Bird watchers, hikers etc. This 36 page catalog features events through September. You can also check out all they have planned by calling 1-800-AUDUBON (800-283-8266) or [www.massaudubon.org](http://www.massaudubon.org)

**GSA Federal Citizen Information Center - Consumer Action Handbook:** Very resourceful book to include information on Banks, Credit, Health Care, Going Green and Privacy and Identity Theft.

**Disaster Preparedness:** This 29 page book was written by seniors for seniors. Contains easy, Three-Steps To Preparedness Guide, When Disaster Strikes section and Emergency Contact information. No home should be without this guide!

**Chronic Pain Study Brochures:** UMASS Medical School is doing a study for those with chronic pain and are on opioid maintenance. Study is open to those through age 65. Brochures available to explain more.

### **Also Available:**

New Life Styles Resource Book - Source for Senior Living and LeadingAge a guide to Not for Profit Senior Housing and Aging Services in Mass. 2015-2016 issue.

*French Tutoring, all levels, in Shrewsbury and Worcester.  
Call Arlette at 408-401-9181*

### Shrewsbury



Friends Men's Club

Thursdays 9 -11 AM



THE SUMNER HOUSE

**HEALD & CHIAMPA**

Funeral Directors

*Honoring • Remembering • Celebrating*

5 Church Road • On the Common • Shrewsbury, MA 01545

Phone: 508.842.3700 • Fax: 508.842.3800

*A Life Celebration Home*

[www.healdchianza.com](http://www.healdchianza.com)

Working Hard for Seniors In Massachusetts



**Congressman  
Jim McGovern**

12 East Worcester St. Suite 1  
Worcester, MA 01604  
(508)-831-7356

**TRAVEL**

**Seniors On The Go:** For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: [www.boylstonseniorsonthego.com](http://www.boylstonseniorsonthego.com)

**Wed., August 5th "Nice Work If You Can Get It" at the Ogunquit Playhouse.** Luncheon at Jonathan's Restaurant in Ogunquit with meal choice of Lemon Baked Scrod or Chicken Piccata. This delightful comedy starring Sally Struthers is a madcap musical comedy complete with Broadway sets and costumes. **Price of \$115.00 p/p** includes Transportation, Luncheon, Show and all Gratuities.

**Wed., August 19th, 2:30 PM – Bucket List Travelers will hold an Informational Presentation at the Senior Center.** Dave Stevens and a representative from Collette Vacations will provide a video program with details about four new adventures – "Canadian Rockies by Train" – "Discover Scotland" – "Tuscany & the Italian Riviera" and "Trains of the California Wineries." There is no obligation to register for these trips, simply come to learn the details and how you can save from \$100 to \$200 p/p when you book early. Please RSVP to Dave Stevens at 508-869-6830.



**The Happy Travelers:** Bus trips for the over 50 traveler. Call Gladys Merrow at (508) 835-4312. Driver gratuity & cancellation waiver fee included in all of our day trips.

**Sun., July 19th,** Gillette Castle, Gelston House for lunch & a CT River Cruise @ \$99.00/pp.

**Sun., Aug., 23rd,** City of Presidents "Quincy" set on guided tour, visit the Adam's "Old House" at Peacefield where four generations of Adams family lived, lunch at Captain Fishbones & Boston Harbor cruise on the Boston Belle @ \$104.00/pp.

**Sat., Sept., 26th,** trip to Norwich Vermont, King Arthur flour, lunch at the Norwich Inn, plus more @ \$89.00/pp.

**Oct, 8th to 11th,** an over night trip to Washington D.C. with Annapolis & Baltimore @ \$619.00/pp double.

**Oct 24th** Providence Performing Art Center for the Musical play "Newsies" and lunch at Zooma Trattoria @ \$149.00/pp.



**Trip to Foxwoods Casino, Wed, July 8th & Aug 5th at 8am:** Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury

Senior Center. Also there is a trip to **Mohegan Sun Casino on July 22nd.** Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

**Bob Zinkus 2015 Trips:** call 508-757-1210 or [zworchester@verizon.net](mailto:zworchester@verizon.net), Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.

**Foxwoods Casino July 9th, & Aug 13th.** Receive buffet voucher plus \$10 slot play. Prizes and video on bus \$25. All Trips include gratuity for bus driver.

**July 19th trip to Mohegan Sun Casino** - leave 33 Massasoit Road at 10AM - Receive a "Full Buffet" voucher plus \$10 "Spin On The Wheel." Depart Mohegan at 5PM. Prizes and video on the bus - \$25.



**July 27 - 28 - SARATOGA RACE TRACK - New York** - reserved grandstand seats. After the races, travel to Turning Stone Casino in Verona, New York for an overnight stay. Dinner, breakfast and \$40 slot play included. \$279 per person (dbl)

**August 4 - 5** - Red Sox vs. Yankees at Yankee Stadium - One night with dinner at the Homeward Suites Hotel, then to a night game. On the 5th, after breakfast, visit Ellis Island, Statue of Liberty and the 9/11 Memorial. Terrace level reserved seats for the game. Visit the Big Apple - \$295 pp (dbl)

**Wed., August 26,** Essex Steam Train & Connecticut Riverboat - Enjoy lunch at Go Fish Restaurant with choice of Baked Scrod or Chicken Breast. Then to Essex, Ct. for your scenic train ride and then onto the Riverboat for a one hour narrated cruise on the Connecticut River - \$91

**September 13 - 15, ATLANTIC CITY - RESORTS HOTEL & CASINO.** Two nights at the Resorts with a great package - \$25 slot play - \$60 in food vouchers and a show (if available.) Walk the Boardwalk, shop the shops, enjoy the food, etc. \$225 per person (dbl).

**RICHARD'S CAR WASH**

309 BOSTON TURNPIKE

508-755-0131

NEW TYPHOON!! OPEN 24 HOURS  
SELF AUTOMATED TOUCH FREE CAR WASH  
ALL CLOTH TUNNEL WASH  
COIN OPERATED VACUUMS — 2 BAY WASHERS  
**Tuesday: Senior Citizens: \$1 off!**

**TURNPIKE AUTO BODY**

307 BOSTON TURNPIKE

508-755-3015

UNIBODY REPAIR SPECIALIST  
FEATURING: LASER BEAM TECHNOLOGY

**Polito**DEVELOPMENT  
CORPORATIONCommercial Industrial  
Residential Real Estate587C Hartford Turnpike  
Shrewsbury MA 01545

508-842-5300

**Victor R. Quaranta**  
American Legion Post 397

Do You Have An Old Flag?



The Post will  
ceremoniously and  
properly dispose of  
your  
American Flag

Drop Off Box At Senior Center

**RANDS** AUTOMOTIVE**All Makes and Models**

Brakes/exhaust/tune-ups  
Wheel Alignment  
Towing and Road Service,  
Inspections

185 Memorial Dr., Shrewsbury

**508-845-9850**

**The Fellowship Table** is a community pot-luck dinner and worship service hosted by Mount Olivet Lutheran Church. **The dinner is being held at Dean Park's North Pavilion in Shrewsbury at 11:30am on Sunday, July 26.** Rain or Shine. **All are welcome!** Dinner is provided by members of the church, and there is no charge. Transportation may be available if requested in advance. For more information or call 508-842-2731, or contact pastor\_mtolivet@townisp.com,



**Toastmasters International** is a non-profit educational organization that teaches public speaking and leadership skills through a worldwide network of clubs. Our membership is 313,000 strong. Members improve their speaking and leadership skills by attending one of the 14,650 clubs in 126 countries that make up our global network of meeting locations. A prospective Toastmasters club currently **meets at 6:00-7:00 pm on the 1st and 3rd Tuesdays** here at the **Shrewsbury Senior Center**. Becoming a member is easy and affordable. More information, please contact Y.S. Kim at [508-309-9972](tel:508-309-9972) or [yskim@erakey.com](mailto:yskim@erakey.com).



### Wild Music: Experience the Sounds and Songs of Life Now - September 6th:

Whales compose, bullfrogs chorus, songbirds greet the dawn, and people everywhere sing and dance. What do we all have in common? Find out at our summer exhibit, **Wild Music: Experience the Sounds and Songs of Life**, now open through September 6! Discover how nature is filled with "musicians" that create distinct musical masterpieces to communicate with and relate to one another. And, explore how human music is inspired by the music of other living creatures – from tiny insects to giant whales. *Wild Music* offers unique experiences to see, hear and *feel* sounds!

**Soundtastic Saturdays every Saturday afternoon at 2:30p.m.** During this special weekly *Science Discovery* program, learn about how animals perceive and produce sounds, or explore instruments and other tools humans use to create tones, rhythms and music. The EcoTarium is a unique indoor-outdoor museum in Worcester, MA. For more information [info@ecotarium.org](mailto:info@ecotarium.org)

### Mercadante Funeral Home & Chapel

=====Est. 1961=====

*Committed to Caring for over 50 years*

370 Plantation St. Worcester  
508-754-0486 or 800-854-0486

### Shrewsbury Rotary Club

*"Serving Above Self"*



### Musical/Dancing Fountains at Dean Park Season Opens:

**Shrewsbury:** The Donahue family wishes to express their deep appreciation to Tom Falzoi who has done the choreography, selected the music and spends countless hours maintaining the fountains. Without Tom's dedication, it would not be possible for the public to enjoy the beauty of the musical/dancing fountains. Special thanks to the following firemen for volunteering to install the fountains on May 21: Sean Lawlor, BJ Fulginiti, Ben Gerber, Mike Guarani, Dan Lodowski and Joe Milosz. In addition, thank you to Tom Falzoi and Curtis Falzoi.

The schedule for the musical/dancing fountains is as follows: Mondays, Wednesdays, Fridays, and Saturdays from 12:00-2:00 PM and 4:00-9:45 PM. Music to accompany the fountains can be heard on 91.7 FM on your car or portable radios. The colored lights can be seen from 9:00-9:45 PM.

Listen to the classical, patriotic, and popular tunes, watch the movement of the graceful fountains, and see the spectacular colors dance to the music.

The fountains were a gift to the townspeople of Shrewsbury in 2004 by Barbara Donahue and family in memory of her husband, Irving James Donahue, Jr.

### Southgate at Shrewsbury Summer Concert

**Series July - August:** Opens its summer concert series with the **Tom Nuttle Big Band Tuesday, July 7, from 7-8:30 p.m.** The schedule also includes the **Point 'n' Swing Big Band July 14, the Dave Whitney Band July 21, Beatles for Sale July 28, Dan Gabel and the Abletones Aug. 4, and the Reminisants Aug. 11.**

Admission is free. In case of inclement weather, concerts will be moved inside the Flanagan Theater for Southgate residents and their guests only. Address is 30 Julio Dr.

### July 8th 7:00 - 8:30, Music Concert ASA

**Waters Mansion: "The Jazz Bones"** An eight piece ensemble performing light Jazz, swing, and popular favorites will perform at the Gazebo at 123 Elm St., Millbury, MA. FREE and Open to the Public. Rain Date 7/15. Contact: David Neill at 413-686-5027 or [tbn8@aol.com](mailto:tbn8@aol.com). Supported in part by the Millbury Cultural Council.



**714 Main Street P.O. Box 280  
Shrewsbury, MA 01545-0280**

Please call to learn more about our wide range of financial services for seniors! **508-842-7400.**

NEWS FROM SHINE FOR JULY/AUGUST 2015**Medicare Appeals**

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

**Some appealable situations are:** Medicare denies your request for a health care service, supply, or prescription. Medicare denies payment for health care that you have already received. Medicare stops covering services that you are receiving. Medicare pays a different amount than you believe it should. Medicare drug plan denies coverage of your medication

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939. **For more information on Medicare Appeals go to our website [shinema.org](http://shinema.org) and view our latest "Medicare and More" Program.**

The Central Mass SHINE Program Staff and our Counselors wish all of our Seniors a very safe and enjoyable summer. Our next newsletter will be out for September.

**Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at [www.shinema.org](http://www.shinema.org).**

**"SHINE'S MEDICARE AND MORE" PROGRAM**

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

**CENTRAL MASS SHINE WEBSITE**

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **We also have a link to our very informative cable TV program "Medicare and More".**

**Special Shine Notice****Ed Roth, Regional SHINE Coordinator**

It has recently come to our attention that a For Profit Insurance Broker is actively soliciting business in some of our Senior Centers. The "Medicare Advisors" are an independent insurance brokerage that sell a number of insurance lines including health and life insurance. We want to make you aware of the existence of this company in order to make sure that our vulnerable seniors do not unknowingly fall prey to any insurance sales tactics. Please remind your residents that our SHINE Counselors are the ONLY source of free, unbiased information on Medicare and its associated programs.

\*The Pharmacy Outreach Program of the Massachusetts College of Pharmacy is also a free, unbiased program that offers advice and counseling to Medicare Beneficiaries, as you know, their area of expertise is Prescription Drugs and the Medicare Part D Program and its associated programs. As always we encourage our seniors to contact the Pharmacy Outreach Program with questions or concerns they may have about their Medicare Part D coverage. We also have one Certified SHINE Counselor who is on the staff of the Pharmacy Outreach Program and maybe available to answer other Medicare questions.

**National Institute of Health's "Talking With Your Doctor: A Guide for Older People"**

reference guide is available at the Senior Center, compliments of Saint Francis Rehabilitation and nursing Center. The 40 page book is a great resource and had helpful worksheets that can be photocopied to bring to your appointments. See page 4 for other great publications available at the Senior Center!



**Shrewsbury**  
Nursing and Rehabilitation Center

Offering short term rehab, long term care and memory care.  
[www.shrewsburynursing.com](http://www.shrewsburynursing.com)  
**508-887-1857**

[www.nationalglassco.com](http://www.nationalglassco.com)



*Pandiani Family*  
*Since 1921*

**National Glass Works, Inc.**  
Worcester • Westborough  
**508-753-7209**

**Britton Funeral Homes, Inc**  
Britton Funeral Home  
648 Main St. Shrewsbury  
**508-845-6226**

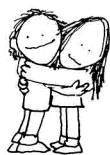
Britton Wallace  
Funeral Home  
91 Central St. Auburn  
**508-832-4420**

**Shrewsbury Senior**

**Mondays**  
11am  
**Join Us!**

**Citizen's Club**

## Monthly Support Group Meetings Available



*Support Groups are a wonderful way to connect with others who share your struggles. Check out the ones below for yourself or your friends!*

### July 7nd & Aug 4th: (1st Tues)

**Bereavement Support Group:** Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm contact number 508-852-5505.

**Family & Care-partner Alzheimer's Support Group:** held the first Tuesday of the each month from 7-8:30pm at the conference room on the 2nd floor. Contact: Gary Davis at 508-836-4354

### July 1st & Aug 5th: (1st Wed)

**Caregivers Support Group:** Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, 6:30- 8 pm. Contact Cathy Flanagan at 508-735-2059.

**Alzheimer's and Related Dementia Caregiver Support Group:** Shrewsbury Crossing at 5pm. Contact Angela Rosado, Harbor Care Director at 508-845-2100

**Dementia and Alzheimer Program:** for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm

### July 13th & Aug 10th: (2nd Monday):

**Alzheimer's Caregivers Support Group:** 6pm - 8pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

### July 14th & Aug 11th: (2nd Tuesday)

**Support Group for Grandparents Raising Grandchildren:** 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided contact number 508-853-8180

**Better Breathers Support Group:** Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134.

**Alzheimer's and Memory Loss Support Group:** 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Drive, Northbridge. Contact number 508-234-6481.

### July 9th & Aug 13th: (2nd Thursday):

**Worcester Prostate Cancer Support Group:** UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6-7:30 pm. Contact Carl Barstow (508-835-3390).

**Caregivers Support Group:** Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. Contact number 508-752-2546.

**Low Vision Support Group:** Northborough Senior Center, Northborough, MA 1-3 pm. Contact number 508-393-5035.

### July 9th & 23th & Aug 13th & 27th: (2nd and 4th Thurs.):

**Early Stage Alzheimer's Patient Group:** 5 Whitney Place, Westborough, Second and Forth Thursdays 10:30-12pm.

### July 26th & Aug 30th: (4th Sunday):

**Create A Better Day Café:** 1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.

## **\*\*Volunteer Corner\*\*** **Coordinator** **Stacey Lavelly 508-841-8758**

### Council On Aging July/Aug 2015 Volunteer Opportunities

Now is the time to shine in one of our volunteer opportunities!

**URGENT SUMMER HELP! Meals On Wheels - Kitchen Help:** Please make a difference in the lives of seniors by preparing meals, no experience necessary. We are desperately seeking help on Fridays through Labor Day. Hours are 8:30am – 12pm.

**Discussion Group Leaders:** are needed to facilitate discussion groups. We have a vibrant senior community in Shrewsbury who are thirsty for knowledge and to share their experiences with others. We are open to suggestions as to subject matter for these groups.

**Meals on Wheels Drivers:** We need dependable drivers to deliver meals to homebound seniors. Any time you can spare will be greatly appreciated. Shifts start at 9:15am and finish by noon, weekdays. Please call me to arrange an interview.

**TV Show Volunteer:** Dependable volunteers needed who either know or are willing to learn how to operate a video camera and film events at the senior center. A unique opportunity, so call soon to be part of this dynamic team!

**Office Fill-ins:** Fill-in receptionists for vacations and sick days. Computer experience is NOT necessary! We need you to answer phones, assist guests and other office duties. Dependability, flexibility and a good attitude are essential.

**Senior Greeter Fill-ins:** The Shrewsbury High School Senior Greeter program is in need of help for the 2015-16 school year. This is a highly visibly position and you need no computer experience, just a flexible, helpful and friendly demeanor. This position follows the school calendar.

**Spirit of Shrewsbury Festival 2015:** It's that time of year again and the Spirit of Shrewsbury Committee is looking for volunteers! They are looking for help in all areas including the Craft Fair, Over 90 Tea and more! Please contact Tom Falzoi at 508-845-6977 or email her at [tfalzoi@townisp.com](mailto:tfalzoi@townisp.com). The link to their website is: <http://www.spiritofshrewsbury.org>



**2015 Greater Worcester Community Health Assessment:** needs your help! A comprehensive examination is underway of the key health problems and assets in Shrewsbury and the Greater Worcester community with the goal of becoming the healthiest region in New England by 2020! Focus groups, where small group discussions can take place, will be held at the Shrewsbury Senior Center. The Worcester Division of Public Health will provide refreshments and facilitate the discussion. Call to learn more!



**By Outreach Coordinator  
Walter Rice, LCSW**  
Call **Walter** at **508-841-8647** to  
set up an appointment.

### **What is "Outreach"?**

Outreach is a term used throughout Councils on Aging to describe the work that is done to help seniors in need. The need could be an emotional need or it may be one that involves their home or assets. The job of the Outreach Coordinator is to provide support and referrals to seniors and/or their families. In Shrewsbury, this is done by having a variety of programs, services and activities to help and empower seniors in need.

### **What is the "TRIAD"?**

The Shrewsbury TRIAD (**T**own **R**esources, **I**nformation **A**nd **D**edication to Seniors) was formed 8 years ago and comprises representatives from the COA, Police, Fire, Emergency Services and Health Departments. The TRIAD meets weekly to review calls that have been made to 911 that may require follow up, to share resources and more. This month's TRIAD news:

**Smoke and CO Detector batteries:** The Fire Department has batteries and a limited number of detectors available for any that need replacing. Please call the Senior Center to sign up if you would like to have your detectors checked by the Fire Department free of charge or if you need batteries, smoke or Carbon monoxide (CO) detectors. These small and inexpensive devices have saved many lives! The next time you may be at the Senior Center or the Town Hall, be sure to visit the carousel of helpful educational and safety brochures the Fire Department provides.

**Healthy You, Healthy Pet!** When you live alone, a pet can be a wonderful companion who will provide unconditional love. Keeping your pet healthy can be expensive. Tufts Veterinary School has a low-cost program for those receiving housing vouchers or food stamps. Call 508-751-7670 for more info. Leona Pease, Animal Control Officer and TRIAD member, can help you with any pet questions you may have. Longing for a companion but don't want to deal with a high strung puppy or kitten? Many "senior" animals are looking for seniors to be matched with. Call Walter to learn how Leona can help!

**Unwanted Prescription Medications?** The TRIAD has obtained copies of a helpful handout on how to dispose of these safely. Stop by or call to get a copy. The next Prescription Disposal Program will likely occur in October.

**Emergency List:** If you want a well-being check in the event of severe weather or an unforeseen emergency, such as hurricanes, loss of electricity and more, please call the Senior Center to be added to the list. Please note this is NOT an R.U.O.K program well-being check.

**REIKI** - Many people find the light, hands-on practice of Reiki helps them in many ways. Walter Rice is a Reiki Master and can provide this gentle healing technique. If you would like to make an appointment for a half hour session with him to do Reiki. at 508-841-8647.



**Mindfulness Meditation:** Stress management, relaxation...call it what you like, but we all need to be better at learning how to calm our minds for our wellbeing. This one hour weekly session will help you learn techniques to deal with whatever may be causing you stress, whether it be physical pain, loneliness or more. Classes meet Wednesdays from 1-2pm. (See Calendar)

**Fuel Assistance:** It may seem strange to think about winter heating assistance during the summer, but if you have received federal fuel assistance in the past, you should receive your recertification paperwork in the mail during the month of August. These can be done yourself or Walter can assist by appointment either at the Senior Center or your home. New applications will begin in November. Watch the Outreach column for details as they become available.

**Other Programs Available:** Outreach can assist you in learning what other programs you may be eligible for such as Food Stamps (applications year round) and 41C Tax abatements (usually done in September). Call to make an appointment and see what help is available!

**Small Home Repair Program (SHRP):** PLEASE don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all other small repairs that can be done. This is the season for needing screens, air conditioners and fans installed, changing light bulbs and repairing unsafe steps and stairs, railings or other things, such as installing grab bars or other assistance adaptations. Being safe in your home is important. Contact Walter to explore the options that are available.

**THANK YOU!** The response to the drive held by Elder Services of Worcester (ESW) to collect toiletries for victims of elder abuse was incredible! Nearly 20 bags of dental, hair and skin products were brought in and will be distributed in Central MA. Thank you for your generosity!

**Short Term 1-1 Emotional Support:** Have you experienced the loss of a loved one, feel sad, lonely, lost, living with an unresolved conflict and would like to share your issue(s) with someone? Walter Rice will be happy to meet with you either at the Senior Center or at your home. The focus of getting together with Walter will be to listen, not judge, and possibly provide new options and choices to help you to address your issue(s) instead of it just remaining stuck. This meeting will be confidential. Call to set up an appointment.

## Summer Update from the Shrewsbury Public Library

Summer is the perfect time to go out and enjoy your garden. If you don't have a particular tool that would help your efforts, you might like to borrow one from the library!!! That's right; you can now check out a variety of handy gardening tools (for a week at a time) as part of a special new Tools Library, which was funded by the Shrewsbury Garden Club. Could you use an edger, a sharpening tool or even dandelion weeder to make your garden dreams come true? Just call the library at 508-842-0081 to learn more and get a list of tools.



If you wish to take a break from outdoor activities, visit the library for some recreational and informational events.

On **Thursday, July 9**, 7-8 PM, learn about Russian Matryoshka dolls with Larissa Dyan from the Museum of Russian Icons. At this drop in program for the entire family, you'll learn of the history and tradition of Russian nesting dolls, view her collection of dolls and enjoy a children's activity. This is part of SPL's quarterly multicultural festival series and will be at the temporary Library on 214 Lake Street.



The Library is hosting an Open Mic Night on **Thursday, July 23**, 7-8:30 PM. We invite musicians, poets and performers of every kind to come strut their stuff. Register in advance for a ten-minute performance slot, or just drop in to enjoy a great homegrown variety show featuring some of Shrewsbury's most creative performers. This event is for all ages.



Join us for a community-wide reading of "I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban" by Malala Yousufzai. All are encouraged to read this story of a heroic young Pakistani woman who fights for the right of every girl to be educated. She is also the youngest person to be awarded the Nobel Peace Prize. Join us for a book discussion on **Friday, July 24** at 2PM or **Wednesday, August 5** at 7PM, open to all teens and adults!

## You can also enjoy some of our services from the comfort of your home!



Our free online music service called “Freegal” offers access to about 9 million songs, including Sony Music’s catalog of legendary artists, and over 15,000 music videos. There is music from over 28,000 labels, and over 100 countries. Log in with your library card and download 5 free songs each week. Streaming music is also available through Freegal.

If you would enjoy some free movies, try our new “Hoopla” service. Hoopla gives you access to streaming videos (as well as e-books and e-comics) to watch on your iPad or similar tablet. Just create a Hoopla account or log in to your existing one and start downloading! <https://hoopladigital.com/home>. If you have any questions regarding these or any other digital service, please call the Reference desk at 508-842-0081x2.



## **Have a fun summer and make good use of your Library Card!**

Visit the Library at their temporary location!

214 Lake Street  
Shrewsbury, MA 01545

Telephone Number: 508-842-0081

Mon - Thu 9AM to 9PM



Fri 10AM to 5PM

Sat 9AM - 5PM

*Or on-line: [www.shrewsbury-ma.gov/library](http://www.shrewsbury-ma.gov/library)*

The Library is also on Facebook!

### Monthly On-Going Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers Quilting <b>(Resume in Sept)</b> 11-1:00 SSC Club (Bingo) 11:30 Whist 2:00 - 3:30 Current Event Group	9:00 Bocce 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9:00-11:30 Independent Artists 10:20 Belly Dancing 12:00 -1:30 Painting with Elaine 12:30 - 4:00 Duplicate Bridge 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:30 -10:30 Fitness & Nutrition** 10:00-12:00 Scrabble Group 10:00-11:00 Basic Drawing 11:00 Yoga 12:00-1:00 BP/Weight Screening 1:00-2:00 Mindfulness Meditation 12:30 Beginners Bridge 1:00-2:00 Pilates 1:00-3:30 Whist	9-11:30 Roger's Coffee Shop 9:00 Friends Men 9:00 Bocce 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors
<b>**Participants must register at the Parks Department, (508) 841-8503. Classes start at the beginning of the month, but registration is on-going.</b>		<b>1</b> American Chop Suey	<b>2</b> Chicken w/Asparagus	<b>3</b>  10:00 Brain Gym/Smoothie <b>NO MEALS SERVED</b>
<b>6</b> Lemon Thyme Chicken	<b>7</b> Van Trip: Walmart Rte. 9  Beef w/Jardinière Sauce	<b>8</b> 8:00 Foxwoods Trip 10:00 COA Board Meeting  Herb Roasted Pork	<b>9</b>  Spaghetti & Meatballs	<b>10</b>  11:30 Movie and Lunch Cheese & Spinach Omelet
<b>13</b> 10:00 -11:00 Senator Moore Macaroni & Cheese	<b>14</b> 9:00-12:00 Legal Clinic 10:00 Neuropathy /1:00 Hearing Greek Chicken	<b>15</b>  Turkey Stew	<b>16</b>  Meatloaf & Gravy	<b>17</b> 12:00 - 1:00 Hannah Kane  Breaded Fish
<b>20</b> 1:30 Ice Cream Event  Salisbury Steak	<b>21</b> Van Trip: Westmeadow Plaza  Vegetable Cheese Bake	<b>22</b> Last day of Yoga till Aug 26 8:00 Mohegan Sun Trip Chicken Murphy	<b>23</b> 2:00-8:00 Red Cross Blood Drive  Wild Alaskan Salmon w/Dill	<b>24</b>  Egg Salad
<b>27</b> 9:00-12:00 Legal Clinic  Jambalaya	<b>28</b>  Meatballs/Onion Gravy	<b>29</b>  Pork Chow Mein	<b>30</b> 9:00-12:00 Legal Clinic 2:00 Book Chat BBQ Chicken	<b>31</b>  Egg Salad

August

<b>3</b>  Hot Dog on Bun	<b>4</b>  Salmon Boat / Dill Sauce	<b>5</b> 8 :00 Foxwoods Trip  Chicken Primavera	<b>6</b>  Beef Mediterranean	<b>7</b> 10:00 Heart Healthy Smoothie  Lasagna
<b>10</b> 10:00 -11:00 Senator Moore  Roast Pork w / Gravy Roast Pork w/Gravy	<b>11</b> Van Trip: Walmart Rte. 9 9:00-12:00 Legal Clinic 10:00 Neuropathy /1:00 Hearing Chicken Cacciatore	<b>12</b>  10:00 COA Board Meeting Bacon Omelet	<b>13</b>  Shepherd's Pie	<b>14</b>  11:30 Movie and Lunch Potato Crunch Fish
<b>17</b> 1:30 "Name That Tune"  Chicken Mornay	<b>18</b>  Cracker Crumb Fish	<b>19</b>  Meatloaf & Gravy	<b>20</b> 2:00-8:00 Red Cross Blood Drive Turkey a La King	<b>21</b>  Hamburger / Roll
<b>24</b>  Swedish Meatballs	<b>25</b> Van Trip: Auburn Mall Pork Rib - Que & Roll	<b>26</b> Yoga Returns Beef & Bean Chili	<b>27</b> 2:00 Book Chat	<b>28</b> <u>8:30 Newsletter Mailing</u> Macaroni & Cheese
<b>31</b> 9:00-12:00 Legal Clinic Roast Turkey	<b>Please note:</b> All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics and special events. <i>The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757.</i>			